

UNITY DAILY WORD

A Page of Sunshine for Every Day



Teddy Neff

Revealing the way to

HEALTH, HAPPINESS and PLENTY

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February, 1936

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A Year

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

January 20 to February 19

I delight in the thought that the Spirit of truth guides me in all my ways.

I am happy in the thought that my life is hid with Christ in God and my body restored to health and wholeness.

I delight to meditate upon Thy law of abundant spiritual supply, and whatever I do prospers.

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FEBRUARY
1936

UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

FREE!

*Let nothing confine me:
I will indulge my sacred
ecstasy.*

—Kepler.

IF I BE LIFTED UP

IRENE STANLEY

I watch a morning lark ascend
On wings of song the rose-hued sky,
And when at vesper time I wend
My homeward way, my heart still high,
Through this pure air, a rarer thought
Is borne than many weeks have brought.

"If I be lifted up" today,
All men shall be exalted too!
I see them take the shining way
On wings of faith to build anew—
On wings of life, of joy and love,
Of peace like yonder belfry dove.

O soul of mine, each day arise
On fearless pinions free and strong
In heaven's light, which clarifies
All things and wakes the heart to song,
Till the sky's rose-rimmed azure cup
Rings out with "All are lifted up!"

LANDMARKS

FORTUNATE indeed is the person who has lost his way if he can find landmarks that will serve as a guide back to familiar scenes. He can consider himself quite lucky if in his dilemma he finds some hill or tree that will serve as chart and compass. The visitor to a foreign city early finds that if he gives in to the impulse to explore, he must keep in mind or in view some tower, statue, or landmark in order to find his way back to familiar localities.

A landmark is defined as any conspicuous object on land that marks a locality or serves as a guide. The lost or bewildered person values above all else some landmark that he recognizes. It represents to him the end of his confused thinking. It serves as a guide out of his wilderness. It assures him that his steps will be turned into familiar paths and back to peace and security.

The study of the Truth of Christ gives us landmarks for our thinking, landmarks for our reaction to situations in life, landmarks to direct our steps out of chaos. Prominent and treasured are such landmarks as love and faith: the love of Christ mighty to lead us out of the wilderness of hate and fear; faith in Christ to inspire us to faith when we would lose hope or be inclined to believe in the power of some evil thing. Other landmarks are understanding, peace, courage, joy, health, and supply.

Do you not see that you must have landmarks?

You must so understand Truth that it will serve as a signpost when you need direction. Truth must be the high tower that you can look to for guidance in case you get into the maze and mist of confused thinking. Christ must be to you that which guides your feet aright when conditions about you would seem to ensnare you.

The spiritual consciousness we build up from our study of Truth can always be relied upon to give us a landmark. If we get into a state in which we temporarily lose sight of Christ we must rise to spiritual consciousness in order to find Him again. He must always be our landmark, that to which we gaze when seemingly lost and confused. He is that which guides us out of confusion and points us to the right direction to take.

Many persons memorize powerful affirmations of Truth and quotations from the Bible that they may have recourse to these when in need. These serve as landmarks to direct them back to their Father's house. They serve as signposts to peace, faith, health, and plenty when they discover themselves in the wilderness of discord, doubt, disease, and despair. The message of Christ in the Bible has come to countless millions when they were in despair and has led them out of confusion into order, joy, and success.

We can see that the study of Truth gives us preparedness. It gives us landmarks. When we are

seemingly lost and know not what to do or which way to turn, our landmark comes to our rescue. Our preparedness bears fruit. From the wilderness of our despair and confusion we behold the high towers of Truth that direct us back to familiar country. We see the beacon lights that beckon us back to security and confident assurance.

Students of Truth must be admonished to establish their landmarks. They may wander away from Truth for some reason or other, but if they have their landmarks they need not fear. If they have trained themselves to turn to Christ they will not forget the technique when in need. Pitiable indeed is the person who has no landmarks, nothing to turn to when in despair, nothing to direct him back home when he is lost, nothing to give him security and assurance.

The individual who has landmarks in life is always confident. He knows he cannot be lost. He realizes that things about him may appear to be changed or shaken but his landmarks will remain unchanged and will guide him to that which is constant and unchanging.

Landmarks give life a new interpretation. We cannot approach life with fear and trembling when we have landmarks. We feel that every new experience has familiar territory when some landmark is in the offing.

THE MOOD OF PRAYER

QUITE OFTEN we fail to get into the mood of prayer when we pray. Our failure makes us think that prayer has failed. We do not see that prayer is a living and vital thing. Those who pray must feel that they have established a living bond with Christ and that He in turn has drawn near to them. They must get into the mood of prayer just as the musician must get into the mood of his art when he plays or sings.

The mood of prayer may be difficult to establish, to enter into at times because we are in some conflicting or in an opposite mood. The inharmonious state of mind is not a mood of prayer. Hate and fear is not the mood of prayer, love, and trust. Fear of other persons and belief in some power other than God may keep us from entering into the mood of prayer wherein God is all in all to us and is He in whom we have perfect faith.

"Whensoever ye stand praying, forgive." Forgive and thereby relieve the mind of any mood that is inimical to prayer. Rise out of the mood of hate and revenge, of doubt and fear, and enter into the mood of prayer and loving faith. Forgive and disabuse the mind of any thought that is an enemy of prayer. Forgive and rise out of any belief that would keep you from that prayerful mood by which you know prayer as a living thing.

"When thou prayest, enter into thine inner chamber." When you want to enter into the mood of prayer, retire from those worldly thoughts that have no place in prayer. Retire from those outer relationships which would identify you with things that do not belong to the world of prayer. Withdraw from those things in the world which have no place in the kingdom of Christ. Withdraw from those thoughts and things which cannot be taken into "thine inner chamber," the holy of holies wherein you meet Christ.

Do you see that the first thing to do when you want to establish the mood of effective prayer is to get away from the effects of those moods and emotions which have no place in prayer? Do you not see that you must "forgive" and relieve your mind of thoughts opposed and foreign to prayer? Do you understand that in order to enter into the mood of the inner chamber of prayer you must not take into it any moods of the external world that would be antagonistic to prayer?

"Pray to thy Father who is in secret." Into this secret conference with your Father you cannot take warring thoughts and moods. You cannot take into His presence anything that will in any wise put your secret meeting in jeopardy. "Who shall stand in his holy place?" Who has prepared himself to enter into His holy and clean and pure presence? In the

language of Psalms 24:4, "he that hath clean hands, and a pure heart"; he whose heart has within it no evil thought or mood, whose hands bring with them no stain of unholy dealings; he "who hath not lifted up his soul unto falsehood"; he who brings into this inner prayer room before the throne of Christ no falsity in thought to oppose the mood of the Truth of Christ.

We always think of the sincere person as able to pray. Why? His sincerity helps him to create a mood for prayer. If he prays for us, his sincerity inspires us to rise above adverse moods and to rely sincerely upon Christ. Sincerity implies to us a certain detachment from false values. We think of the sincere person as pure in heart. His mood of sincerity is quite like that of the mood of prayer.

The mood of prayer is positive to Christ and negative to all that is un-Christlike. It is the mood that Jesus entered into when He prayed to the Father. It is the mood of effective and availing prayer. It is the one and only mood that the one experienced in prayer can recognize when he prays. He knows that he cannot entertain any conflicting mood if he hopes to be successful in prayer. He cannot hope to have an unprayerful mood and to enter into prayer. The moody person, the person who is glum and morose, must seek to get into the mood of joy if he would expect an answer to his prayer for joy.

YOUR SIGNATURE

WOULD YOU be willing to sign your name to a false document and let it be displayed to all the world? Would you want to identify your signature with something untrue, something that thereafter would cause your associates to regard your signature with suspicion? Your signature is something so closely identified with yourself that it represents you at times and your associates and acquaintances regard it as you.

In the study of Truth we come to think of the I AM as that of God in us which lives and expresses itself in us. It says to us, "I, God, am living in you and you are alive in Me. That which is true of Me, the God of Truth, is all that is true of you." It is the "I AM THAT I AM," that seemingly mysterious expression of Exodus 3:14. It is that of you which identifies you, the creation of God, with your creator. It is the signature that a master artist places upon His masterpiece.

In *Miscellaneous Writings* we find: "I AM, then, is God's name. Every time you say, 'I AM sick,' 'I AM weak,' 'I AM discouraged,' are you not speaking God's name in vain, falsely?"

Do you see that God has identified Himself with you, that through the I AM He declares your perfection or likeness to Him, that when you identify I AM with something unlike God you are speaking

against Him? Speaking of signatures, we call to your attention that you are misusing the signature of God, His I AM.

The I AM is God's signature, and at times it becomes yours. When yours? When you use it in the name of Truth, when you use it the way that God uses it, when you use it in relation to that which is good and true. Every time you say, "I am healthy, perfect, strong, and courageous," you identify yourself with the I AM and Truth of God. Your Father indorses what you say. His signature is added to yours with all the strength and power of His being.

The power in I AM affirmations of Truth lies in the power of the I AM of God. When you make I AM statements contrary to the Truth of God, statements about the disease and weakness of God's creation, your statements lack the indorsement and approval of God. In His sight, you have testified falsely. You have added your signature, your I AM, to a false document. You have lent your name to something not approved by your heavenly Father.

When you think or speak of the I AM of another, when you say to him, "You are weak and diseased," you make a false statement about the I AM. You attach your signature to a false statement. When you recognize the I AM in him and say, "You are healthy and strong," you speak the truth.

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thing of yourself. If you identify yourself with Truth, with statements based upon God, you relate yourself, your I AM, your signature, with that which has the power of Truth. If you use the I AM of God negatively or adversely, you fail to use power in a constructive way.

Your signature is supposed to represent that of you which can be depended upon, that of you which carries with it faith and confidence, that of you which would not repudiate what is just and right. You can see that your word or signature, written or spoken, must be carefully guarded. When you speak or write falsely of yourself or of another, you speak or write falsely of the I AM of God. You lend your word or signature to something that awakens a certain adverse state of consciousness with which you will need to reckon.

Let us think of your signature as that of you which approves, attests, verifies something. In thinking of it in a metaphysical sense we need not think that it needs to be a written signature. Suffice it to signify your will or desire. You may lend your name to a cause without actually using a pen to do so. Giving your signature, identifying your I AM with something, is like leaving your finger print. You leave that of you that causes others to identify you with it.

The I AM is your signature. Use it wisely.

MARTYRDOM

THE HOME or office that has within it a self-appointed martyr is usually a place where Truth must be affirmed and held to most persistently. Often patience is taxed to the utmost and courage is almost depleted. Fortunate indeed are those associates of the martyr who have knowledge of Truth, who can look beyond the pettiness of martyrdom and see Truth working out to the highest good of all concerned.

The self-appointed martyr is one who comes out of an awkward situation and continues through all time to nurse wounds that are imaginary. He refuses to let others explain things to him. He refuses to rise out of his mental pain. He prefers to be looked upon as one who was unjustly dealt with. He prefers to hold himself up as the horrible example of another's cruelty or thoughtlessness.

Do you know any self-appointed martyrs? Do you have to work, associate, or live with them? If you have done all in your power in the past to "make it up" with them, the time now comes to ignore martyrdom, to let them be self-appointed sufferers if they choose to be. If they have a strange craving to advertise themselves as the crucified, let them do so. Your work is not to add to the gravity of the situation by giving it your consideration. Martyrs of this kind would soon cease to exist if they knew that they

did not have the attention of those about them.

How should the associate of a self-appointed martyr apply Truth? By not making any concession to his personal consciousness. By not looking upon the spectacle of his so-called martyrdom. By letting his martyrdom expire through lack of attention. By firmly holding to the thought of Truth, wisdom, justice, love, and order.

Martyrdom of the kind referred to implies a certain degree of split personality. The martyr holds up himself to the gaze and for the sympathy of others and at the same time stands apart to "ballyhoo" his own martyrdom. He is both spectacle and "spieler." Without an audience, without the sympathy of the onlookers, there would be no occasion for either. Without concessions, compromises, and sacrifices in behalf of the martyr in the home or office, martyrdom would find the act unnecessary, undesirable, unprofitable.

The martyr that we refer to needs to find some new interest that will take his attention away from himself. He needs to become so interested in universal living and in others that he will no longer be the object of self-inflicted pain. He needs to become so intent on viewing life in its entirety that he discovers the insignificance and unimportance of his own martyrdom. Truth most adequately meets the problem of martyrdom.

NIGHT IN MY GARDEN

MAUDE LAMB WINGATE

Some one's walking in my garden,
By the willows and fringed pool,
Where the swaying lotus blossoms
Dip their leaves in waters cool.
Here the lanterns cast their shadows
Down a mystic path, where blooms,
Like some princess, stately iris
Robed in silver by the moon.

I am seeking One who walks there
Unseen through the hush of night.
In the silence whispering rushes,
Bending, point a radiant light—
Light upon pale fragrant lilies,
Light where sleeping peonies nod:
I have found through all this beauty,
Walking silent, none but God!

SATURDAY, FEBRUARY 1

*My every thought of fear is now replaced
by the truth of my courage through Christ.*

DO YOU seem to be ruled by fear? Are you afraid of other persons, things of the world about you, events of the day? Your freedom from fear can be easily obtained. You need to think of the things you fear as simply your thought about these things. In consciousness reduce things to thoughts. Then through the study of Truth, correct your thought. The truth about your courage in Christ will replace your belief in fear.

The presence of Christ within you is the presence of indomitable courage. When you keep your thought centered upon this truth, you cannot know fear. You cannot be afraid and at the same time hold to Truth. If you know Christ in you as your courage and realize that He is all in all in your life, you will increase in fearlessness.

When the thought of fear arises in your mind, regardless of the object correct your thought. Think of courage. Think the truth that Christ in you fills you with courage and nothing in all the world can make you afraid. Keep uppermost in mind your belief in your innate courage.

Fear not; I will help thee.—ISA. 41:13.

SUNDAY, FEBRUARY 2

Profound peace fills my heart and I am at peace with all persons and all things.

THE PERSON who appears to lack peace of mind needs to meditate often upon peace. He needs to keep out of mind the thoughts that destroy peace. He needs to keep himself out of inharmonious situations and try to live a life of peacefulness, to have a peaceful environment, to transform his inharmonious experiences into those of great peace.

One of the greatest destroyers of peace is the belief that external things have power over us, the belief that they can take our peace from us. Many believe that other persons have power to destroy their peace. There are those who rarely experience peace because to them things of the outer world seldom appear to be peaceful.

If you would be peaceful, think less and less of the effect of persons and things upon you and more and more of the peaceful presence of Christ within you. To have peace you must meditate often upon it and fill your mind with it. To have peace you need to believe in naught but peace and to behold yourself living in a world of perfect peace.

Peace be multiplied unto you.—DAN. 4:1.

MONDAY, FEBRUARY 3

In directing my thoughts to Christ in the midst of me I think in conformity with the Christ mind.

THE CHRIST MIND comprises all true ideas. In this mind or consciousness are found thoughts of peace, health, love, joy, courage, and plenty. We think in conformity to the Christ mind when we think true thoughts, thoughts based upon the Truth and teachings of Christ. When we direct our thoughts to Christ, He unifies us with His mind.

That which metaphysicians call the carnal or mortal mind is the sum total of all ideas opposed to those of the mind of Christ, Spirit, and life. It is called carnal because its ideas oppose the truth of Spirit. It is called mortal because its ideas oppose the truth about life. The Christ consciousness and mortal consciousness are states of mind characterized by different viewpoints.

We enter the Christ consciousness through directing our thought to Him. We become identified with His mind. We find ourselves thinking only thoughts based upon His Truth.

*Thy thoughts which are to us-ward:
... are more than can be numbered.*

—PSALMS 40:5.

TUESDAY, FEBRUARY 4

The freedom of Christ within me now asserts itself as my own freedom from all bondage.

JESUS came to humanity in order to give it the Truth of freedom. He came with the Christ message that delivers from bondage. He directed men to their own indwelling Christ, the inspiration of their freedom. He caused their inherent freedom to assert itself. He caused men to walk forth free from sin, disease, fear, and lack. He gave them His freeing Truth and it corrected their thought of mistaken ideas. He freed them from misconceptions that held them in bondage and gave them the truth about their freedom.

The Truth of Christ corrects the thought of the blind, and they accept the truth that they can see. Christ frees the invalid of all belief in the reality and power of disease and he goes forth in freedom and in health. He gives freedom to those in bondage to failure and lack, and they become free in finances. He gives freedom to those bound by thoughts of fear, and they become charged with courage and might.

If therefore the Son shall make you free, ye shall be free indeed.—JOHN 8:36.

WEDNESDAY, FEBRUARY 5

*The patience of Christ is now expressed
through me as my own patience and I am
patient in all situations.*

WE BECOME patient when we turn to the presence of Christ within us and give ourselves and all our affairs into His keeping. We find that by turning to Christ we cannot be impatient regardless of what the situation may be. We find our patience increasing as we learn to trust in Him.

The impatient person does not take Christ into consideration. Such a person tries to work things out through his own efforts. When he finds these futile, his impatience increases. When he turns to Christ, he increases in patience. He finds that he becomes patient in all situations only when he trusts Christ at all times.

If you are impatient, you may well know that you need to rely more upon Christ within you. You need to direct your thought often to Him. When the thought of impatience comes to you, turn from it and turn to Christ. Look upon Him as that which inspires you to be trustful and patient.

The Lord direct your hearts . . . into the patience of Christ.—II THESS. 3:5.

THURSDAY, FEBRUARY 6

*The justice of Christ inspires me at all times
to be just in all my dealings.*

ARE YOU inclined to allow yourself to be unjust toward others? Do you permit yourself to deal unjustly with those who should have the help and encouragement of your just and righteous thought? You will come to realize that you have no right to be unjust to others. You will see that God gives you only the right to be just. You will be willing to be a channel through which God administers justice.

The justice of Christ makes no compromise with the injustice of man. Man therefore cannot base his injustice upon anything of Christ's; he cannot believe that Christ in any wise can inspire him to act unjustly in his dealings with others. Christ ever symbolizes justice, and when we direct our thought to Him we identify ourselves with justice.

If you would be just, take your thought off the injustice of man to man and think only of the justice of Christ. Learn to react to all situations from the standpoint of Christ and His justice. Be willing to leave your personal self out of the picture.

Why even of yourselves judge ye not what is right?
—LUKE 12:57.

FRIDAY, FEBRUARY 7

*I am this day renewed in consciousness and
I behold all things renewed in Spirit.*

THINK of yourself as being continually renewed in consciousness. Know that useless and obsolete ideas are continually giving place to new and worth-while ideas. Realize that your consciousness of newness assures you of new, vital, stimulating, and practical ideas. Know that these new ideas give freshness to your mind and relieve it of tiresome, monotonous, and nonproductive thinking.

Behold yourself as being renewed in Spirit. See your body, your affairs, and your world as they exist in Spirit: ever renewed, ever expressing the Spirit of newness upon which they are established. Your world will be renewed through your consciousness of newness. You will come to see all things as being continually renewed in Spirit.

The consciousness of newness will cause your whole life and your whole world to be reinterpreted and presented to you in a new light. Your new ideas about life will cause all things to be seen according to Spirit. You will behold your environment as a whole new world, and you will continually be called upon to behold pleasing surprises.

He hath put a new song in my mouth.—PSALMS 40:3.

SATURDAY, FEBRUARY 8

*The Spirit of wisdom now directs me into
the path I should go and I find there the
blessing I seek.*

THOSE who have difficulty in choosing between two ways and in coming to a decision about which way to take should turn to their indwelling Spirit of guidance. If they have two paths to consider, they must realize that in Spirit there is but one path, that which leads them to the blessing they seek and the answer to their prayer.

In Spirit, there is not a right way and a wrong way. There is only the way of Truth, joy, peace, love, health, and plenty. Any opposite way is in opposition to Spirit. You can see how necessary it is that we find the way of Spirit and walk therein. This is the way that Spirit approves, the way wherein we find the good we desire and need.

The way of Spirit always leads us into our highest good. It is the way where our ideals are made real, the way where we find in manifestation that which we have sought in prayer. We are assured of going the way of peace and plenty.

*My foot hath held fast to his steps;
His way have I kept, and turned not aside.*

—JOB 23:11.

SUNDAY, FEBRUARY 9

God, the law of good, the principle of Truth, is the law and principle of my being.

DO YOU think occasionally of God as working in your life with dependability and precision? Do you think of Him as ruling your life as a law of good against which no so-called law of adversity can prevail? Have you thought of this law of good as existing as the one and only law in your life, since in Truth there is only one God?

God as law rules you as the law of wisdom, peace, love, health, and success. When you realize this, you will not believe that you can be affected or ruled by any so-called law of adversity. You cannot think of yourself as being under any spell of misfortune when you know that you are ruled only by the law of good. You cannot tolerate any belief in adversity when you realize that in Truth there is only God working in and through you as His law of good.

God as principle when understood frees us from all belief that evil has any principle or foundation upon which to base its existence. We find that there is only the principle of Truth, only God. The principle of our very existence is the principle of Truth.

Hearken unto the statutes . . . that ye may live.—DEUT. 4:1.



THE NEW VISION

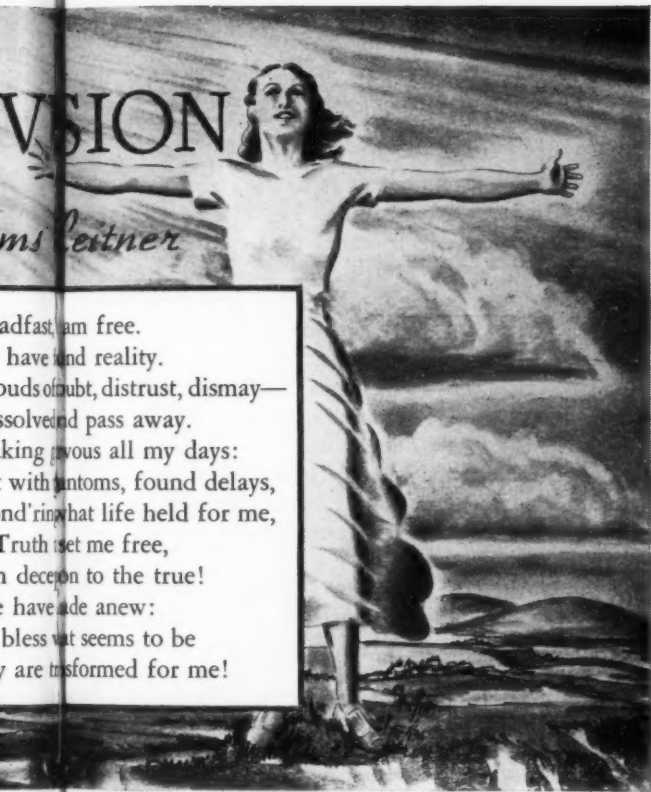
Della Adams Leitch

Seeing only Christ perfection, I am steadfast, am free
Seeing but the right which triumphs, I have and reach
Clouds that had obscured my vision—clouds of doubt, dis-
In my consciousness of goodness are dissolved and pass
All too long had fear possessed me, making pious al-
When I looked at seeming error, fought with phantoms,
Weary, heartsick, sad, and troubled, wond'ring what life
Then a messenger of mercy came with Truth to set me
Taught me how to turn my vision from deception to the
Seeing only Christ perfection, I my life have made and
Now I see the good in all things, and I bless what seem
Disappointment, pain, and trial till they are transformed

VISION

ms Leitner

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MONDAY, FEBRUARY 10

God, the good inherent in me, is now expressed as my own visible and tangible good.

NEVER think of God as something abstract or intangible. Realize that He abides within you as that which comes into expression as your good according to your desire and need. Realize that your good's becoming visible and tangible is evidence of the presence of God within you.

Thinking of the omnipotence and omnipresence of God, we find that evil has no place or existence in Truth. Evil cannot become tangible or visible to us when in Spirit we behold only the reality and tangibility of God, the good. There can be no opposite of God manifesting itself in our life when our mind has ceased to think in terms of opposition to His reality and presence.

In the world of Truth there is naught but God, the one and only, the presence of good. Evil is man's speculation as to what an opposite of God would be like. This speculation springing from ignorance or disloyalty to Truth does not interfere with the truth of God's omnipotence.

I am God, and there is none else; I am God, and there is none like me.—ISA. 46:9.

TUESDAY, FEBRUARY 11

In the unity of Spirit I perceive my oneness with Christ in me and with all that expresses Christ.

AS WE meditate today upon our oneness with Christ and all His goodness, we come into a realization of the true meaning of spiritual unity. We find that it has a twofold aspect: there is our unity with the Christ within us and also our unity with those things in the manifest world which express the goodness of Christ.

The study of Truth brings us to the realization of universal unity. We discover in this unity nothing that identifies us with anything unlike Christ. We find that spiritual unity reveals to us our oneness with Spirit, in whom there is no oneness with evil. In spiritual unity we find our identification with health. This discovery frees us from all identification with disease.

In Truth there is but one God by whom the one man is manifested, man in ideal and in perfection. We identify ourselves with the one perfect man of God when through spiritual unity we perceive our oneness with Him.

There is one body, and one Spirit . . . one Lord, one faith, one baptism, one God and Father of all.—EPH. 4:4-6.

WEDNESDAY, FEBRUARY 12

Turning to the presence of Christ within me, I turn to that which puts to silence every disturbing voice of the world about me.

WHEN THINGS of the world seem to disturb you, when the world appears to be a thing of noise and discord, turn to the Christ within you. In His presence find quietness and stillness. Attention to His presence of quiet will cause the world about you to be stilled. Nothing inharmonious can exist in your world when your world centers about the stillness of Christ.

Does the noise of the world disturb you? If so, you may know that your thought is dwelling on the world and its power to affect you. You need to bring your thought to the presence of Christ within you and to center your attention upon Him. You need to cease to believe that things of the world can affect you. You must know that only Christ rules you and the affairs of your life.

The still presence of Christ within you is the most powerful thing in all the world. From His presence of stillness you derive power. From this place of quietness comes your power to command your whole world.

Keep silence, and hearken.—DEUT. 27:9.

THURSDAY, FEBRUARY 13

Turning to the kingdom of heaven within me, I find that I am in the midst of heaven.

IN ORDER to keep the heavenly vision we must keep our thought upon heaven. We must turn often to the presence of Christ within us because His presence is likewise the presence of heaven. Our thought must be given to heavenly things in order that we may realize that heaven is in the midst of us and we are in heaven.

Heaven is our consciousness of perfect harmony. We may not be conscious of harmony and therefore believe that we live in a state very much unlike heaven. We may think in such unheavenly terms that our world takes on the appearance of a veritable hell. We discover that our thought decides for us whether life is heaven or hell. We discover that we can transform the hell we have produced into heaven when we make the change of thought in consciousness.

Your world will become heaven to you when it is perceived in Truth. You will behold it transformed into heaven when you make the transformation in consciousness.

I was not disobedient unto the heavenly vision.—ACTS 26:19.

FRIDAY, FEBRUARY 14

*The love of Christ fills my heart and I can
express naught but love.*

WE DISCOVER when we meditate upon the presence of Christ within us that His is also the presence of love. Thinking of Christ love, we cannot think of anything unlike Him. Naught but love can occupy our thought when we experience the love of Christ.

Loving Christ, we must love all persons through spiritual understanding and divine love. We cannot experience His love and then be unloving toward our fellows. We cannot feel love and hate at the same time. When Christ inspires and prompts us to love, we rise above every thought in opposition to love. His love causes us to transcend all hate and fear.

If you are unloving, turn to Christ. Experience His love. Feel His presence within you and let yourself express His love. Live in His world of love and no unloving thought can come to you. His love assures you of perfect love. Abiding in His presence, you are infolded in love. You are secure in that love which knows no opposition and no defeat.

*I have loved thee with an everlasting love: therefore
with lovingkindness have I drawn thee.—JER. 31:3.*

SATURDAY, FEBRUARY 15

Meditating upon the joy of Christ within me, I am filled with constant joy.

THINK of your joy as constant and unchanging, unaffected by the condition of persons and things of the external world. Cease to believe that your joy comes from the state of external things. No longer think that you become joyful when the external world presents a bright aspect or that you become sad when things of the world are in a sad condition. Your happiness derives from the presence of Christ within you. The extent of your joy depends upon the extent of your realization that Christ as constant joy is present within you.

Ever rejoice that you have Christ at the heart of your being. Become so filled with this realization that nothing in all the world, regardless of its condition, can cause you to lose sight of Christ and His joy. Be so enthusiastic about Christ within you that you keep your attention constantly upon Him. You can change the state of external things only through keeping the perfect vision of Christ.

Abide today in the realization that your joy is eternal. Nothing in all this world can take your joy from you when it is established in Christ.

Whoso trusteth in Jehovah, happy is he.—PROV. 16:20.

SUNDAY, FEBRUARY 16

*The power of Christ in me now becomes
my own tangible and visible power to do
all things in His name.*

DO NOT think of the power of Christ within you as something abstract or latent. It becomes your own tangible power, something you can make use of, when you understand it. Your own power through Christ becomes visible when you let it be expressed through you.

To be powerful you must believe in power. You must not think of yourself as ever powerless. Of all things, do not think of other persons or external things as having power over you. When you think of things of the world as having power over you, you disclaim your inner power through Christ. You cannot believe that Christ in you is omnipotent and at the same time believe that things have power over you. To be powerful you need to meditate upon your inner power and know that through Christ you can do all things.

The power of Christ is the power of good and only good can come through your exercising the power of Christ.

Thine, O Jehovah, is the greatness, and the power.
—I CHRON. 29:11.

MONDAY, FEBRUARY 17

*Christ in me quickens and increases my
faith in God the good.*

WE CANNOT believe in evil when we have perfect faith in God the good. Our faith in the allness of God excludes all belief in anything opposed to God. We find that our faith in good increases as we meditate upon it. We are quickened in faith as we give more and more thought to God.

When we have faith in God, we cannot believe in the existence, power, and reality of anything unlike Him. Our faith causes us to stand firm, to be loyal, to believe in only the object of our faith. We cannot divide our faith when we believe in God. We cannot believe in God and evil, health and disease. If we believe in evil and disease, we do not believe in God as our health.

We can know how little or how much we believe in God. Surely we cannot say that we have absolute faith in God if we believe to any extent in anything unlike or opposed to God. There is a divine something within us that always helps us to believe in God. Christ in us quickens our faith when we turn to Him.

A God of faithfulness.—DEUT. 32:4.

TUESDAY, FEBRUARY 18

Relying upon Christ in all things, I cannot be worried or anxious.

CERTAINLY the person who is anxious does not have his thought upon Christ within him. He does not believe that a higher power controls his affairs. He looks at them and is discouraged about things as they appear to be. He needs to rely upon Christ in order to be relieved of worry and anxiety.

What a joy it is to feel that all is well! What an assurance it is to know that Christ within us takes care of all our affairs, that He manages them wisely and well, that He adjusts all things according to His wisdom and according to our faith. What a satisfaction to know that we are no longer enslaved to the worry habit!

Learn to rely on Christ. When some situation comes up that might previously have excited worry and anxiety in you, give the situation over to Christ. Rely on Him to bring order out of chaos, to turn injustice into justice, to express Himself in place of that which appears to lack Him. Reliance upon Christ puts an end to worry.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—MATT. 11:28.

WEDNESDAY, FEBRUARY 19

*The light of Christ shining in my heart is
the light of my understanding.*

MAN comes into a world he knows nothing about but brings with him the light of understanding. All about him may appear to be darkness but he bears the light that explains, informs, and educates him. Only the light of Christ can explain the things of the world to him and teach him his superiority to it.

The light of Christ is the light of illumination, inspiration, and revelation. All that needs to be revealed to us comes to us through Christ. His light shed upon our darkened consciousness causes it to be illumined. His light solves our problems. He supplies the answers to our questions.

The light of Christ is the same light that illumined Jesus. It is the light shining from heaven to guide and direct man. It is the light that reveals hidden good. It is the light by which man discovers his supremacy over the world, the light that reveals to him his own divinity through Christ. It is the light that shows man all things as interpreted in Truth.

*It is God, that said, Light shall shine out of darkness,
who shined in our hearts.—II COR. 4:6.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

February 20 to March 19

Illumination

The mind within and the mind without now glory in the light of Spirit.

Healing

God and man, heaven and earth, and all the healing powers that be now unite in healing me.

Prosperity

The righteousness of the kingdom of God is perpetually pouring its plenty into my mind and my affairs.

THURSDAY, FEBRUARY 20

The healing presence of Christ within and about me is my own tangible and visible health.

AS WE meditate upon the presence of Christ today, we lose sight of all belief in disease. Christ so represents health to us, His presence so inspires us to health that we find we cannot think in terms of disease. His presence is the presence of our health. Health is present to us, it becomes actual and real to us when our whole thought is turned to the presence of Christ as our health.

Do you find yourself at times believing in disease? Do you at times lose sight of Christ? Have you found that in meditating upon Christ you cause your health to be increased? The presence of Christ within you is your safeguard against all disease. It is a presence that inspires you to the high consciousness in which no belief in disease can prevail. It is the presence of your own health.

Live today in the understanding that through Christ you are made every whit whole. Live in the consciousness that proclaims you to be free from all disease and establishes you in your perfect health. Abiding in Christ, you cannot know disease.

[My words are] *health to all their flesh.*—PROV. 4:22.

FRIDAY, FEBRUARY 21

Rich ideas now fill my mind and reveal to me my abundant supply.

NOT A THOUGHT of lack and failure can exist in our mind when we are established in the truth about our prosperity. We cannot believe in limited supply when we know the truth about God as our substance and resource. Ideas of limitation give way to rich ideas when we perceive the truth as revealed to us by the Christ.

Do you believe at times in lack? Does there seem to be scarcity in God's world? Have you discovered that God's kingdom is a world of bountiful supply? You will have the truth about prosperity revealed to you through rich ideas. These will reveal to you the path you should take in order to lay hold of your supply. They will show you how to increase in prosperity. They will give you such a rich consciousness that there will be no room in it for any thought of lack.

Accept prosperity as something normal and natural to you and your world. Live in the state of mind in which you are not surprised when your prosperity increases.

It is your Father's good pleasure to give you the kingdom.—LUKE 12:32.

The Truth of Christ is now implanted in my consciousness and I react to all situations according to Truth.

TRUTH is the philosophy of thinking and living taught by Jesus Christ. By studying it we understand values. Possibly something we have thought of as important becomes insignificant in our life. Something that we have underrated and undervalued is given its right place in our consciousness. When we take the Truth of Christ as our standard, we think, live, and react to situations of the day according to Truth.

Jesus came to humanity in bondage to dispel misconceptions about life. He gave it Truth. He taught men to correct their thinking. He saw them exchange misconceptions for Truth. As a result He saw inharmony and disease disappear. He showed men the fallacy of thinking in terms of disease and the good to be gained by thinking in terms of Truth.

What is Truth? Truth is a method of thinking whereby man comes to know the eternal verities of life as defined by his teacher, the Christ. Truth is man's salvation from erroneous thought, his assurance of coming into the possession of peace of mind.

And speaketh truth in his heart.—PSALMS 15:2.

SUNDAY, FEBRUARY 23

The forgiving Christ now inspires and helps me to be forgiving.

THE PERSON who forgives easily and readily is one who gives his problem over entirely to Christ. In this way he keeps out of the problem in a personal sense. He does not let his personal feelings interfere with the will and work of Christ. He is willing to let Christ forgive. He is willing to be a channel through which Christ works. He realizes that when he refuses to forgive, he refuses to let Christ work through him. His refusal is not an affront to the person he should forgive but one to Christ.

If you would forgive another, cease to think of the offense that has disturbed you and think of the forgiving love of Christ. The most awful spectacle in human experience is the individual who holds a grudge for a lifetime and continues to poison himself with his unforgiving thought. If he has a knowledge of Christian teachings, his case is more pitiable. He lives in a world in which his grudge occupies first place and in which the forgiving Christ has none. Truly such a one has not found Christ.

Pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—ACTS 8:22.

MONDAY, FEBRUARY 24

When I pray, I invite Christ to express Himself in my life as that for which I pray.

IN ANSWERING our prayer Christ is manifested to us as the object of our prayer. Since in all prayer we are seeking Christ, we find that when He answers our prayer He expresses Himself in our life. When we pray for supply, we are really desiring Christ as our living bread. Consequently when He answers our prayer, He comes to us as our tangible supply. He expresses Himself in that form and condition by which He can best answer our prayer and supply our needs and desires.

Do not take the attitude that you must beg from Christ. The kingdom of heaven is not a realm of niggardliness and beggars. Be gracious in your invitation to Christ that He appear in your life. Invite Him with the inner knowing that He will accept your invitation. Ask Him in the assurance that He will express Himself in your life to fill some void that He alone can fill.

Prayer is the means by which man is conscious of his relation to Christ and His blessings. By prayer man comes into the realization that the blessings of Christ are his own coming to him at his bidding.

Ask, and it shall be given you.—MATT. 7:7.

TUESDAY, FEBRUARY 25

*The life of Christ in the midst of me is
that which makes me every whit alive.*

WITHIN YOU abides that which is ever alive and ever inspires you to express more of life. Christ living within you is very life itself. When you seem to lack life, when you are exhausted and feel the need of life, you have but to turn to the presence of Christ within you. You have but to realize that you are unified with Him and that He supplies you with abundant and inexhaustible life.

The life of Christ within you is the source of your life. His life flows within you. It is an inexhaustible stream that you can draw upon and never deplete. It keeps you every whit alive. Unified with the life of Christ, you cannot lack life, animation, energy, and vitality.

To be alive in Christ is to feel His living presence and to realize that we truly live in Him. We find ourselves inseparably joined with life abundant, and it expresses itself in us as tangible life. We do not realize that Christ lives in us until we make use of His life and claim it as our own. Again, we do not really live until we discover that we can draw upon Christ and make ours a more abundant life.

With thee is the fountain of life.—PSALMS 36:9.

WEDNESDAY, FEBRUARY 26

As the temple of the living God, my body now shows forth His health and perfection.

YOUR BODY is like the character of your thought about it. If you think of your body as diseased and corruptible, it will become so. If you know the truth that it is the temple of God, it will become a fit habitation for the presence of God.

Many persons misuse their body by holding it in the thought of disease and weakness. They make their mental body a thing of disease and later are surprised because their physical body shows evidence of disease. The mental body is that which is made up of our concepts about it.

A study of the Bible leads us to the truth that the body is God's habitation. If we keep this in mind, we have more respect for the body. We create a desire within ourselves to keep it clean, free from thoughts of disease. The body loses its material aspect to us when we see it as the temple of God. We begin to see it as something holy.

Correct every adverse thought that you have about your body by using a thought of Truth. Instead of thinking of your body as the habitation of disease, think of it as the temple of God.

He spake of the temple of his body.—JOHN 2:21.

THURSDAY, FEBRUARY 27

Christ in me now inspires me to be lifted up even as he is ever exalted.

HAVE YOU felt the presence of something within you lifting you up even when things of the world about you seemed to cast you down? Does Christ within you inspire you? Do you feel that He lifts you up even as He Himself is lifted to God?

Have you ever realized that you have within you that which is never defeated, never cast down, never overcome? You have Christ within you. His presence will ever inspire you to rise above any situation in your life that may appear to cast you down. His presence is mighty to lift you up even when those about you may hope for your downfall.

The exalting presence of Christ within you says, "Arise and ascend." It is the presence of that which speaks the word of courage to your heart when all about you are those circumstances which would seem to make you subordinate to them. Christ's presence is that within you which speaks the word of hope when you are in doubt. His presence is that which rejoices when you are victorious.

Even so must the Son of man be lifted up.—JOHN 3:14.

FRIDAY, FEBRUARY 28

I relax mentally and physically from all stress and strain because I trust in God.

THOSE WHO trust in God cannot be tense. They are relieved of all belief in insecurity, fear, and uncertainty. They easily relax from tension when they place all their affairs in God's keeping, knowing that all is well. Physical relaxation results when the mind is at rest and free from all sense of tension.

Relaxation comes from our realization that things of the world have no power over us. We turn to the inner life of Christ and are content to let Him take charge of all our affairs. Our trust in Him is rewarded by complete relaxation in mind and in body. We are compensated for turning to Christ by feeling His presence within us and having Him to help us relax in mind and in body.

If you would relax, cease to think of that which troubles you. Turn in thought to the presence of Christ. Feel His confident assurance that all is well and in order. You will not be tense when you realize that Christ is taking care of you. There will be no occasion for tenseness when you trust Him completely. Abide this day in the confident realization that you are attended by Christ.

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SATURDAY, FEBRUARY 29

*The presence of Christ within me is ever
my salvation and protection.*

CHRIST abides within and about us. He is our protection from all danger. He is ever keeping us secure from all harm. Were we always to think of Him and to realize that He is with us, we could not experience any harm or danger. Conscious of abiding with Him, we should be conscious only of peace, joy, and all good.

When you want protection, turn to Christ. Feel that you have within you that which does not attract any unpleasant or dangerous situations. Know that you have within you that which masters every situation. Realize that no harm can come to Christ, and neither can it come to you. Live in the protecting presence of Christ and you can know no danger.

Christ protects us from evil, sin, disease, and danger. Our consciousness of living with Him keeps us secure from evil. We are assured that no evil can come near us. We have the confident assurance and conviction that we live in His world of safety. We realize that we are saved from every kind of evil.

Under his wings shalt thou take refuge.—PSALMS 91:4.

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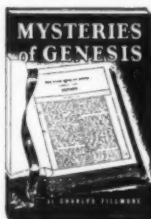
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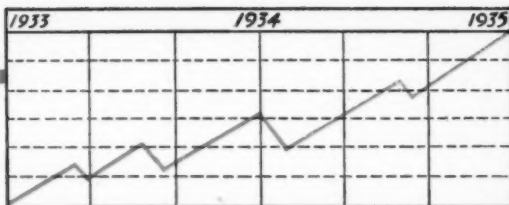
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TRANSFORMATION

RUTH YOLAND SHAW

Now that I have seen
A morning's sunlight
Make a jewel-mass
Out of dewy cobwebs
Spread upon the grass,
I understand
How gray-hued thoughts
With Love's light
Shed suddenly on them
Are transformed
One by one into
A priceless gem.



